



SPRING SPRINT TRIATHLON

RACE INSTRUCTIONS

SWIM INSTRUCTIONS

1. The distance is 750 yards for Long Course (30 pool lengths or 15 laps) or 200 yards for the Short Course (8 pool lengths or 4 laps).
2. All swimmers need to check in with the race official prior to reporting to your swim lane in order to get a timing card and pick up your packet.
3. Swimmers must start in the water, diving is prohibited when starting the race.
4. All swim times will be recorded and posted on Saturday morning at the bike/run start and the announcer will call of names as he can.

BIKE and RUN INSTRUCTIONS

1. Helmets are required throughout the bike portion of the race. No ear phones are permitted for your own safety. No devices to reduce drag are allowed. Disc wheels and aero bars are permitted.
2. Cyclist's must have their race number clearly visible on the front of their body. The timing chip is on the bib.
3. Cyclist's must obey all traffic rules, ride single file and must stay to the right of all roadways at all times during the bike route. Moving to the left will only be allowed while making a left hand turn. No drafting
4. Cyclist's will start in the order of the time they finished the swim. After starting they will need to carefully enter the bike rack area to pick-up their bike, then go to the bike mount area to start their ride.
5. You must slow down when coming into the transition area and follow any instructions given to you by a race official in this area.
6. Team Tagging is done by handing off your bib # and high fiving your teammate in the designated team tag area. See Map. We will also provide race belts for easy transfers—see registration table to pick up your belt.
7. Runners must wear race bibs uncovered on the front where race officials can see it.
9. Please secure your bike and other personal items immediately following the race. Race officials will be monitoring the area during the race and immediately following the race. The YMCA is not responsible for lost or stolen items from this area.
10. Only racers are allowed in the transition area during the course of the race. Parents of youth participants are allowed on the bike and run course with their child. Volunteers will be available to help youth in the transition area.

****Hill Road will be open to traffic . Competitors are responsible for their own safety. ****